

Condensed Milk Recipe / How To Make Condensed Milk At Home

Condensed milk recipe at home is very simple and easy. All you need is just four ingredients and the cost of making homemade condensed milk is cheaper than buying it from supermarket. You can prepare condensed milk by two ways, one is by using full fat milk and other one is milk powder. Here I used milk powder to make condensed milk and it tastes absolutely delicious and yummy and I got this recipe from [here](#).

I used to get lots of Milkmaid condensed milk from nearby store to make sweets. But now I use this sweetened condensed milk recipe, to make Indian sweet (Dessert) recipes at home like kheer, payasam, halwa, burfi and for baking. Also substitute condensed milk in place of mawa in making sweets. Yesterday I made [milk kulfi recipe](#) with homemade condensed milk. Try this condensed milk recipe using milk powder and serve it for kids with fruits and nuts for topping, they will surely enjoy.

Health Benefits of Condensed Milk

- Condensed milk is a healthy food as it has all the essential nutrients like carbohydrates, fats, proteins required for all age groups.
- Presence of calcium in milk helps in the maintenance of bones and teeth especially for growing children.
- Other nutrients in condensed milk are potassium for proper nerve function, magnesium for muscular function and phosphorus for energy metabolism.
- As it has sugar, consume it limited amount as per daily dietary requirements.



Ingredients To Condensed Milk Recipe

- 1/2 Cup of Milk Powder
- 1/4 Cup of White Sugar
- 1/4 Cup of Boiling Water

- 2 Tbsp of Unsalted Butter

Method

- In a blender, add milk powder, sugar, boiling water and butter.
- Blend all ingredients together until they are smooth and creamy.
- Condensed milk is ready to make sweets and store it in an airtight container and refrigerate it for 3-4 days.

Tips

- Adjust the amount of sugar to your taste.
- If you think your condensed milk is too thick, add little more boiling water, blend it to get incorporate.
- It will get thicker after refrigeration, but will loosen up when stirred and brought to room temperature.
- Add few drops of vanilla essence for different flavour and taste.

Condensed Milk Recipe



Red Aval Laddu / Poha Ladoo Recipe

Red Aval laddu / Poha Ladoo is my most favourite among laddos, it is such easy and simple recipe. This aval ladoo needs just

few minutes for preparation and with just 3 ingredients. So if you are looking for easy and quick sweet recipe for krishna jayanthi and Diwali, give this ladoo a try and let me know how it turned out.



Red Aval Laddu

Preparation Time : 15 mins
: 10 ladoos

Cooking Time : 10 mins

Makes

Ingredients

- 1 Cup of Red Aval
- 1/2 Cup of Powdered Sugar
- 1/4 Cup of Ghee (Clarified Butter)
- 2 Tbsp of Milk
- 10 Cashews, Chopped
- 3 Cardamom

Method

- Heat a pan, dry roast the red aval over medium heat, until golden brown in colour. Let it cool down.
- Transfer the roasted poha to mixie jar and grind it finely. On the other side, grind the sugar and cardamon to a fine powder.
- Heat ghee, roast the cashews. In a bowl, mix ground aval (poha), sugar, melted ghee, milk and cashews. Mix well and make ladoo out of it.
- Yummy aval laddu is ready. Store it in an airtight container.

Tips

- You can make ladoo with brown sugar or jaggery.
- Use white aval or red aval to make ladoo.
- Adjust the amount of sugar to your taste.
- Add ground coconut for great taste.

@foodybuddy



Poha Laddoo Recipe

tags : aval laddu, easy aval laddu recipe, poha laddoo recipe, poha laddu, aval laddoo recipe, poha laddoo, easy poha laddu, krishna jayanthi recipes, aval recipes, poha recipes, sweets for krishna jayanthi, gokulashtami recipes, easy laddoo for krishna jayanthi, quick laddoo recipes

Puran Poli | Paruppu Poli Recipe



Puran poli / paruppu poli recipe / Kadalai Paruppu Poli / obbatu is a traditional sweet (dessert) prepared during auspicious occasions and important festivals like diwali, vinayagar chaturthi, ugadi and holi. This is a first time I prepared paruppu poli recipe in my life and I made this puran

poli for diwali celebration conducted in nearby library in US. Everyone tasted my puran poli and said it was awesome and tasty.

Coming to the recipe, the stuffing is called puran and the outer cover is called poli. The filling is prepared with chickpea lentils, toor dal, jaggery and coconut. The outer cover is prepared with maida, oil, turmeric powder, salt and water. Here comes the puran poli recipe with step by step pics....Try this paruppu poli recipe and enjoy :-):-)



For Outer Dough

Ingredients for puran poli recipe

- 1 and 1/4 Cup of All Purpose Flour(Flour)
- 1/2 Tsp of Turmeric Powder
- 6 Tbsp of Cooking Oil
- Salt to taste
- Water as needed

Method for puran poli

- Take a mixing bowl, add flour, turmeric powder, salt and oil, mix well with hand. Add water little by little, mix it and knead it to a soft and smooth dough. Pour some oil over the dough until the dough is completely soaked in oil. Cover the bowl with a plastic wrap and let the dough rest it for 4 hrs.



For Inner Dough

Ingredients for paruppu poli recipe

- 1/2 Cup of Toor Dal
- 1/2 Cup of Bengal Gram (Chana Dal)
- Pinch of Turmeric Powder
- 1 and 1/2 Cup of Jaggery
- 3 Tbsp of Grated Fresh Coconut
- 3 Whole Cardamom
- Pinch of Salt
- 1 Tbsp of Ghee (Clarified Butter)

Other Ingredient (To make Poli)

3 Tbsp of Oil or Ghee

Method

- Soak both the dal in water for 30 mins, wash it in a tap water and drain it. Keep it aside.
- In a pressure cooker add both the dal, turmeric powder and enough water about (2.5 cups) close the lid and pressure cook for 2 whistles. Open the lid, drain the water using colander. In a mixie(blender), add both the dal, grind it for few mins, add jaggery, cardamom and grind it to a smooth mixture. [Note : If your mixture has extra moisture like mine, just fry it in a pan until it becomes thick.]



- Heat a pan with ghee, add grated coconut, fry it for a min, keep it aside. To the same pan, add the ground dal mixture, keep stirring in a medium flame, until the moisture goes off and mixture thickens. Add the roasted coconut, fry well for few minutes. Once it done, turn off the flame.
- Filling is ready. Let it cool down completely.



To Make Puran Poli

- Make lemon sized balls out of the outer dough(maida)
- Make small sized balls out of the inner dough (Dal-jaggery mixture)
- Take a ziplock bag or flat wooden base, grease it well with oil, place the maida ball, slowly apply pressure with your fingers over the dough or roll it with a rolling pin and make it like a small chapathi (patty). Now place the inner dough ball(pooranam) in the middle of the patty, slowly bring all the outer edges together in the center and seal it, to prevent the leakage of pooranam . Now again slowly apply pressure with your fingers or roll it with rolling pin and make it like a circular thick patty. Repeat the same procedure for the rest of the dough.
- Heat a tawa (griddle), in a medium heat, apply some oil or ghee, carefully place the poli, You will see tiny bubbles rises on the surface of poli. Now it's time to flip the poli with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread it. Cook until you get brown spots on both sides.



- Yummy hot puran poli is ready to serve. Serve with a dollop of butter or ghee.

Tips

- It stays good for 2-3 days.
- You can use chiroti rawa in place of maida or you can use whole wheat flour or mix of maida and chiroti rava

to make outer dough of poli.

- You can use toor dal or chana dal or mix of both the dal to make this poli.
- Do not comprise with the amount of oil and ghee. Otherwise it won't taste good.
- You can cook the dal either in pressure cooker or in a heavy bottomed pan.
- You can make poli either thick as mine or thin as chapathi.



Health Benefits of Lentil, Jaggery and Spices

- Jaggery acts as a digestive agent, used to cleanse the

body and provide a good amount of minerals.

- Cardamom improves digestion and prevents cancer.
- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol.
- Toor dal is useful in the treatment of internal organ swelling.
- Toor dal contains folic acid, good for women's health.

Tags : [poli recipe](#), [poli](#), [puran poli recipe](#), [paruppu poli](#), [kadalai paruppu poli](#), [how to make poli](#), [obbatu recipe](#), [paruppu poli recipe](#), [indian festival sweets](#), [festival recipe](#), [diwali sweets](#), [indian sweets](#)